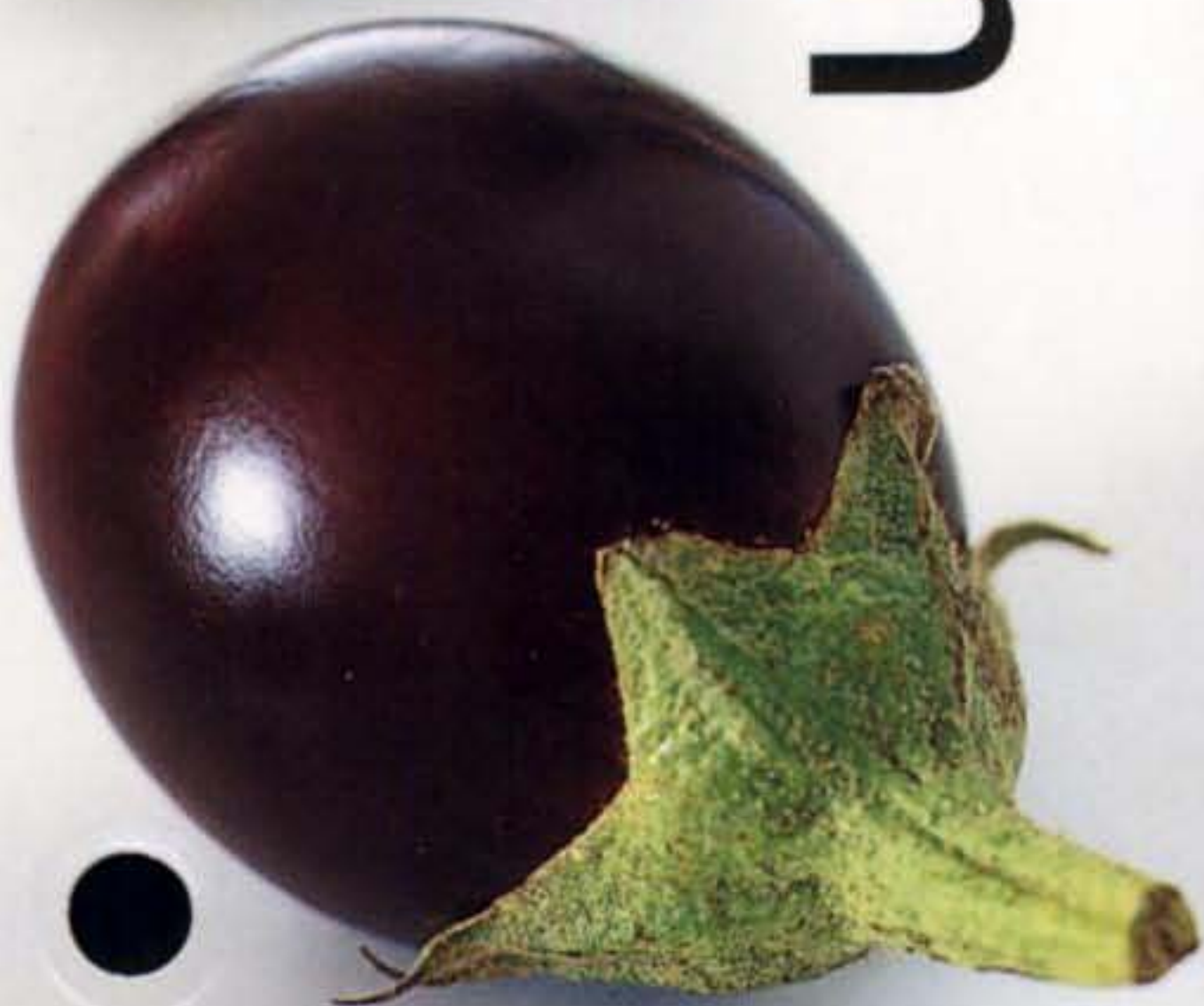


SILVERBACK

EASY COOKING
GREAT EATING

CookSmart™

Vegetarian



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Notes

Standard level spoon measures are used in all recipes

1 tablespoon = one 15 ml spoon

1 teaspoon = one 5 ml spoon

Both metric and imperial measurements are given for the recipes. Use one set of measures only, not a mixture of both.

Free-range medium eggs should be used unless otherwise specified.

Use whole milk unless otherwise suggested.

Pepper should be freshly ground unless otherwise specified.

Fresh herbs should be used unless otherwise stated. If unobtainable, use dried herbs as an alternative but halve the quantities stated.

A few recipes include nuts and nut derivatives. Anyone with a known nut allergy must avoid these. Children under the age of 3 with a family history of nut allergy, asthma, eczema or any other type of allergy are also advised to avoid eating dishes that contain nuts.

Pumpkin & Garlic Soup



This flavor-packed soup is a winner on a cold winter night.

Serves: **6–8** Prep: **30** mins Cooking: **45** mins

What you need

pumpkin 750 g (1½ lb), skinned, deseeded
and cut into large cubes

garlic cloves 6, unpeeled

olive oil 4 tablespoons

onions 2, finely sliced

celery stalks 2, chopped

long-grain rice 50 g (¼ cup)

vegetable stock 1.5 litres (5 cups)

chopped parsley 4 tablespoons

salt and pepper

heavy cream to serve

This One



D6A1-FFL-LA3A

Pumpkin & Garlic Soup



How to do it

Toss the pumpkin and garlic in a roasting pan with 2 tablespoons of olive oil. Do not crowd the pan. Roast in a preheated oven, 200°C (400°F), for 30 minutes.

Meanwhile, heat the remaining oil in a large saucepan and gently cook the onions and celery for 10 minutes. Add the rice and stock. Bring to a boil, cover and simmer for 15–20 minutes until the rice is tender.

Cool the pumpkin and garlic slightly, then pop the garlic cloves out of their skins. Add the garlic and pumpkin to the liquid, bring to a boil and simmer for 10 minutes.

Roughly purée the soup, return it to the pan and add salt and plenty of pepper. To serve, reheat the soup and stir in the parsley. Top with cream and serve with crackers.

Garlic & Almond Soup



Elegant and unusual, this chilled soup is quite rich and should be served in small quantities.

Serves: **6** Prep: **15** mins, plus soaking and chilling

What you need

white bread 50 g ($\frac{1}{4}$ cup), torn into small pieces

raisins 125 g (4 oz)

blanched almonds 125 g ($\frac{1}{2}$ cup), toasted

olive oil 3 tablespoons

garlic cloves 3, crushed or roughly chopped

milk 900 ml (3 cups)

edible flowers to garnish

Garlic & Almond Soup



How to do it

Put the pieces of bread and the raisins in separate bowls and cover each with warm water. Leave to soak for 30–60 minutes or until the raisins are plump.

Remove the bread from the water and squeeze out the excess moisture. Pulse the bread and almonds to a smooth paste in a food processor. Add the olive oil, garlic, raisins and milk and purée until smooth.

Chill the soup for 2–3 hours for the flavors to blend. Serve topped with edible flowers.

*Edible flowers

Flowers have been eaten since Roman times. Be careful, however, as they are not all edible. However, borage, violets, forget-me-nots, rose petals, nasturtiums and marigolds all look decorative and taste good.



Japanese Rice

WITH NORI



Nori, often used in Japanese cooking, is a lot like its dark purple cousin, laver and is rich in iodine and in minerals such as potassium and zinc.

Serves: 4 Prep: 10 mins Cooking: 55 mins

What you need

Japanese sushi rice 225 g (1 cup)

water 400 ml (1¾ cups)

black sesame seeds 2 tablespoons

coarse salt 1 teaspoon

peanut oil 1 tablespoon

eggs 2, beaten

scallions 4, finely sliced

red chile 1, deseeded and sliced

seasoned rice vinegar 4 tablespoons

superfine granulated sugar 2 teaspoons

light soy sauce 1 tablespoon

pickled Japanese ginger 25 g (2 tablespoons)

roasted nori seaweed 2 sheets

Japanese Rice

WITH NORI



How to do it

Bring the rice and water to a boil. Reduce the heat and simmer, uncovered, for about 5 minutes until the water is absorbed. Cover and cook for 5 minutes more until the rice is done.

Meanwhile, dry-fry the sesame seeds with the salt for about 2 minutes until lightly toasted. Set aside.

Heat the oil in a small frying pan and gently cook the eggs until just firm. Slice the cooked eggs into shreds.

Mix the scallions, chile, rice vinegar, sugar, soy sauce, ginger and half the sesame seeds into the cooked rice. Crumble 1 sheet of nori over this and stir in with the shredded eggs.

To serve, crumble the remaining nori over the rice and scatter with the remaining sesame seeds.

*For a change

This dish can also be made with glutinous rice.

This is a short-grain rice that becomes soft and sticky when it is cooked, which is why it sometimes called sticky or sweet rice.

Chestnut Risotto Cakes



These little cakes are crisp on the outside yet moist and risotto-like in the center.

Serves: 4 Prep: 10 mins, plus soaking

Cooking: 17–20 mins

What you need

dried porcini mushrooms 15 g (½ oz)

olive oil 1 tablespoon

risotto rice 175 g (¾ cup)

hot vegetable stock 600 ml (2 cups)

butter 50 g (¼ cup)

onion 1, chopped

garlic cloves 3, crushed

chestnuts 200 g (¾ cup), cooked, peeled and chopped

Parmesan cheese 75 g (3 oz), freshly grated

egg 1, lightly beaten

instant polenta 50 g (¼ cup)

vegetable oil for shallow-frying

salt and pepper

lemon wedges and **mixed salad greens**
to serve

Chestnut Risotto Cakes



How to do it

Cover the dried mushrooms with boiling water and set aside.

Heat the olive oil, add the rice and stir well to coat the grains. Add the hot stock and bring to a boil. Reduce the heat, uncover and simmer, stirring frequently, for 12–15 minutes, until the rice is tender and the stock absorbed. Transfer to a bowl.

Meanwhile, melt the butter and gently cook the onion and garlic for 5 minutes. Drain and chop the mushrooms, then add them to the rice with the onions, chestnuts, Parmesan and egg. Mix well and season.

Divide the mixture into 12 pieces. Pat each one into a cake and roll in polenta. Heat the vegetable oil and fry the cakes for 2 minutes on each side, until golden. Serve immediately with lemon wedges and salad greens.



Grilled Herb Fritters

WITH YOGURT DIP



Serves: **4** Prep: **15** mins Cooking: **20** mins

What you need

mozzarella cheese 150 g (5 oz), finely chopped

basil 1 bunch, chopped

flat leaf parsley 1 bunch, chopped

chives 1 bunch, chopped

garlic clove 1, finely chopped

cooked mashed potato 100 g (½ cup)

egg 1, beaten

salt and pepper

chives to garnish

Yogurt dip:

Greek yogurt 200 g (7 oz)

shallot 1, finely chopped

mint 1 bunch, finely chopped

garlic clove 1, finely chopped

Grilled Herb Fritters

WITH YOGURT DIP



How to do it

Combine the mozzarella with all the herbs, then add the garlic, mashed potato and egg. Season and mix well.

Divide the mixture into 12, shape into balls and flatten slightly. Heat a grill pan.

Grill the herb cakes in batches for 4–5 minutes on each side. Keep them warm until they are all cooked.

To make the dip, mix the yogurt, shallot, mint and garlic in a bowl.

Serve the fritters with the dip and garnished with chives.

*Getting ahead

The fritter mix can be made in advance but the fritters should be cooked just before serving to retain the flavors of the fresh herbs.



Baked Brie

WITH CRANBERRY RELISH



Serve this dish of creamy brie and piquant cranberry relish as a snack or starter.

Serves: **4** Prep: **10** mins, plus standing
Cooking: **8** mins

What you need

fresh breadcrumbs 25 g (2 tablespoons),
toasted

chopped parsley 1 tablespoon

chopped thyme 1 teaspoon

dried cranberries 1 tablespoon, finely
chopped

Brie 4 x 50 g (2 oz) pieces

egg 1, beaten

salad greens and **toasted French bread**
to serve

Cranberry relish:

cranberries 250 g (1 cup)

grated orange rind 3 tablespoons

orange juice 5 tablespoons

fresh root ginger 1 cm (½ inch), grated

sugar 125 g (½ cup)



Baked Brie

WITH CRANBERRY RELISH



How to do it

First make the relish. Blend all the ingredients to a coarse purée in a food processor. Let stand for 1 hour before serving.

Mix the toasted breadcrumbs with the parsley, thyme and dried cranberries. Dip each piece of Brie into the beaten egg, then coat with the breadcrumb mixture.

Put the pieces of Brie on a greased baking sheet and bake in a preheated oven, 220°C (425°F), for 8 minutes. Let cool briefly.

Serve the warm Brie with toasted French bread, salad greens and cranberry relish.



Eggplant Tortillas

WITH MINTED CHILE YOGURT



These tortillas make a satisfying snack or light lunch.

Serves: **2** Prep: **10** mins, plus cooling
Cooking: **10** mins

What you need

olive oil 4 tablespoons
eggplant 1 medium, thinly sliced
mint small handful, chopped
parsley small handful, chopped
chopped chives 2 tablespoons
green chile 1, deseeded and thinly sliced
Greek yogurt 200 ml (7 fl oz)
mayonnaise 2 tablespoons
tortillas 2 large
cucumber 7 cm (3 inches), thinly sliced
salt and pepper
paprika to garnish

Eggplant Tortillas

WITH MINTED CHILE YOGURT



How to do it

Heat the oil and fry the eggplant for about 5 minutes on each side until golden. Drain and let cool.

Mix the herbs with the chile, yogurt and mayonnaise, salt and pepper.

Arrange the fried eggplant slices over the tortillas and spread with the yogurt mixture. Put the cucumber slices on top. Roll up the tortillas, sprinkle with paprika and serve.

Garlic, Herb & Bean

DIP



If you have only a few minutes to put together a starter, this garlicky dip is an ideal solution.

Serves: 4 Prep: 5 mins, plus chilling

What you need

canned flageolet or other white beans

425 g (14 oz), drained and rinsed

cream cheese 125 g (4 oz)

garlic cloves 2, chopped

pesto 3 tablespoons

scallions 2, chopped

salt and pepper

To serve:

chopped flat leaf parsley (optional)

arugula leaves

warm bread or **crackers**

Garlic, Herb & Bean DIP



How to do it

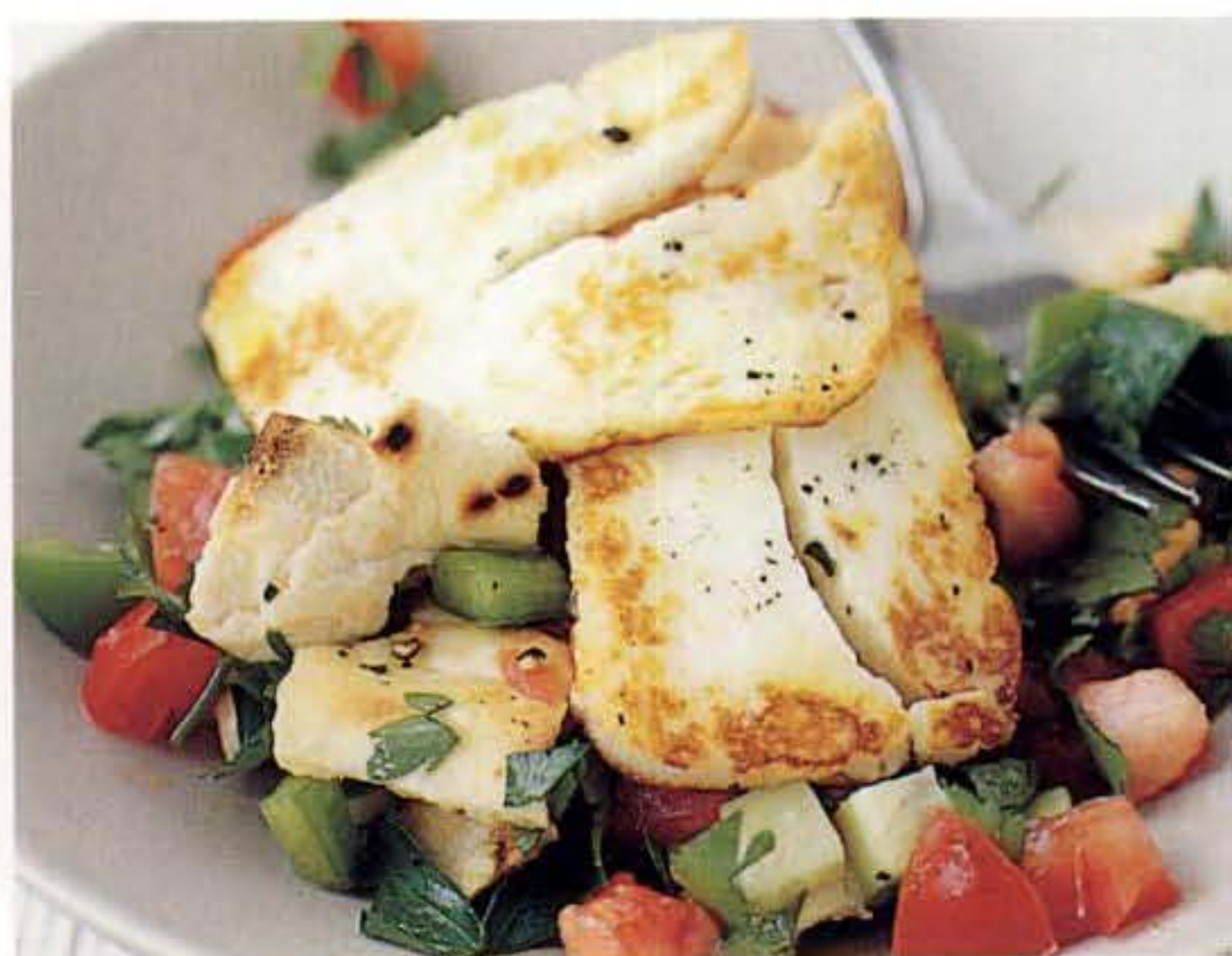
Combine the beans, cream cheese, garlic and pesto in a food processor.

Add the scallions and salt and pepper and process for 10 seconds.

Turn into a serving dish and chill until ready to serve. Serve with arugula leaves and warm bread or crackers, and scatter with chopped parsley, if you like.

Fatoush Salad

WITH FRIED HALOUMI



Serves: **4** Prep: **10** mins, plus standing
Cooking: **8** mins

What you need

green peppers 2, diced
cucumber ½, diced
tomatoes 4, diced
red onion 1, finely chopped
garlic cloves 2, crushed
chopped parsley 2 tablespoons
chopped mint 1 tablespoon
chopped cilantro 1 tablespoon
pita bread 2
olive oil 4 tablespoons
haloumi cheese 125 g (4 oz), sliced

Lemon dressing:

extra virgin olive oil 6 tablespoons
lemon juice 1–2 tablespoons
water 1 tablespoon
sugar ¼ teaspoon
salt and pepper



Fatoush Salad

WITH FRIED HALOUMI



How to do it

Combine the peppers, cucumber, tomatoes, onion, garlic and herbs. Whisk together the dressing ingredients and toss with the salad until well coated.

Toast the pita bread, tear it into bite-sized pieces and add to the salad. Stir well and let stand for 20 minutes.

Heat the oil and fry the haloumi slices for 2–3 minutes on each side, until golden and softened. Serve with the salad.

*Cooking with haloumi

Haloumi is a slightly salty, semi-hard Turkish cheese which can be fried or grilled. It must be eaten immediately after it is cooked otherwise it turns rubbery.

Grilled Beet, Feta & CHICORY SALAD



Serves: 4 Prep: 10 mins Cooking: 25 mins

What you need

raw beet 500 g (1 lb), peeled and cut into
1 cm (½ inch) slices

chicory 250 g (1 cup)

red wine vinegar 1 tablespoon

olive oil 2 tablespoons

flat leaf parsley 1 bunch, chopped

feta cheese 250 g (8 oz)

salt and pepper

Grilled Beet, Feta & CHICORY SALAD



How to do it

Heat a grill pan and grill the beet slices in batches for 4–5 minutes on each side. Transfer to a bowl.

Cut the chicory into wedges and remove the hard core. Grill until just wilted, then add to the beet.

Add the vinegar, olive oil and chopped parsley to the salad. Season to taste and toss. Transfer to a serving dish, crumble the feta over the top and serve.

Tomato & Green Bean SALAD



This colorful Italian salad is the perfect choice for a light summer lunch.

Serves: **4** Prep: **10** mins Cooking: **2** mins

What you need

mixed red and yellow baby tomatoes

250 g (1 cup)

thin green beans 250 g (1 cup), trimmed

mint handful, chopped

garlic clove 1, crushed and chopped

extra virgin olive oil 4 tablespoons

balsamic vinegar 1 tablespoon

salt and pepper



Tomato & Green Bean

SALAD



How to do it

Cut the tomatoes in half and place them in a large bowl.

Cook the green beans in boiling water for 2 minutes, then drain them well and add to the tomatoes.

Add the chopped mint, garlic, olive oil and vinegar. Season and mix well. Serve warm or cold.



Eggplant, Tomato & MOZZARELLA MOUNTAINS



Serves: **4** Prep: **10** mins Cooking: **20** mins

What you need

eggplant 1, cut into 8 slices

beefsteak tomatoes 4, skinned, then cut into 8 slices

mozzarella cheese 250 g (8 oz), cut into 8 slices

olive oil 2 tablespoons

salt and pepper

To serve:

pesto

mint sprigs

crusty Italian bread

Eggplant, Tomato & MOZZARELLA MOUNTAINS



How to do it

Grill the eggplant slices under a preheated broiler for about 5 minutes on each side, until browned.

To prepare the stacks, place four of the eggplant slices on a lightly oiled baking sheet. Put a tomato slice and a slice of mozzarella on each one, then make a second layer of eggplant, tomato and mozzarella, sprinkling each layer with salt and pepper as you go. Skewer a cocktail stick through the center to hold the stacks together.

Bake the stacks in a preheated oven, 190°C (375°F), for 10 minutes.

To serve, drizzle the stacks with a little olive oil and top with a generous spoonful of pesto. Garnish with mint sprigs and serve warm or at room temperature.

Couscous & GRILLED VEGETABLE SALAD



This North African-inspired dish tastes delicious – and it's good for you, too!

Serves: 4 Prep: 15 mins Cooking: 45 mins

What you need

eggplant 1, sliced
garlic cloves 2, sliced
green chiles 2
red pepper 1
red onions 2
zucchini 1, sliced
couscous 125 g (½ cup)
cumin ½ teaspoon
paprika ½ teaspoon
dried chile flakes pinch
salt and pepper
olive oil 3 tablespoons, to drizzle
cilantro 1 bunch, chopped, to garnish

Couscous & GRILLED VEGETABLE SALAD



How to do it

Heat a grill pan and grill the eggplant slices for 5 minutes on each side. Grill the garlic slices for 30 seconds on each side.

Cook the chiles and the pepper whole – the chiles for 5 minutes and the pepper for 10 minutes – until charred all over.

Meanwhile, cut the red onions into wedges, keeping the root ends intact to hold the wedges together. Grill for 5 minutes on each side. Cook the zucchini slices for 4 minutes on each side.

Put the couscous in a bowl, cover with boiling water and leave for 5 minutes.

When they are cool, peel and deseed the chiles and red pepper. Roughly chop all the vegetables and add them to the couscous. Add the spices, salt and pepper and mix well. Drizzle with the olive oil and garnish with the chopped cilantro.

Cannellini Beans

WITH LEEKS & ARUGULA



The creaminess of the beans and their sauce is nicely balanced by the peppery arugula, stirred in at the last minute.

Serves: **4–6** Prep: **10** mins, plus soaking

Cooking: **1¼** hours

What you need

dried cannellini beans 125 g (½ cup), soaked overnight, drained and rinsed

water 1.2 litres (8 cups)

walnut oil 2 tablespoons

leeks 2, trimmed, cleaned and sliced

mustard seeds 1 tablespoon

garlic clove 1, crushed

green beans 125 g (½ cup), trimmed and halved

heavy cream 75 ml (⅓ cup)

arugula 125 g (½ cup)

chopped chives 2 tablespoons

salt and pepper



Cannellini Beans

WITH LEEKS & ARUGULA



How to do it

Put the beans and water into a saucepan. Bring to a boil and boil hard for 10 minutes. Reduce the heat and simmer for 45–50 minutes until tender.

Strain the liquid from the beans into a pan and boil rapidly until reduced to 300 ml (1 cup). Set aside.

Heat the oil and fry the leeks, mustard seeds and garlic for 5 minutes. Add the drained beans, green beans and reduced stock and simmer for 5 minutes until the green beans are tender. Remove from the heat. Strain the liquid into a small pan, add the cream and boil for 2–3 minutes until slightly reduced.

Stir the arugula and chives into the beans and drizzle with the sauce. Season and serve.

Grilled Eggplants

WITH LEMON PESTO



Rich grilled eggplants are complemented by the citrusy tartness of lemons in this dish.

Serves: **4** Prep: **10** mins Cooking: **20** mins

What you need

eggplants 4, sliced

basil large bunch

pine nuts 75 g ($\frac{1}{3}$ cup), toasted

garlic clove 1

Parmesan cheese 75 g (3 oz), freshly grated

lemons 2, grated rind

lemon juice 4 tablespoons

olive oil 3 tablespoons

salt and pepper

crusty bread to serve



Grilled Eggplants

WITH LEMON PESTO



How to do it

Heat a grill pan. Grill the eggplant slices, in batches, for 5 minutes on each side then transfer to a serving dish.

Make the pesto. Combine all the remaining ingredients in a food processor until smooth with a little salt and pepper.

Drizzle the lemon pesto over the eggplants and serve with crusty bread.

Bengali Potatoes



Serves: 4 Prep: 10–15 mins Cooking: 20 mins

What you need

small sweet potatoes 750 g (1½ lb), peeled
and chopped

sunflower oil 4 tablespoons

panch phoran 2 teaspoons

garlic cloves 2–4, chopped

onion 1 large, chopped

chopped cilantro leaves 1 tablespoon
salt

Bengali Potatoes



How to do it

Boil the sweet potatoes for about 15 minutes, until soft.

Meanwhile, heat a wok, add the oil and stir-fry the panch phoran for 1 minute then add the garlic and stir-fry for another minute. Add the onion and stir-fry for 5 minutes.

Add the sweet potatoes and cilantro and stir-fry until all the ingredients are well blended and heated through. Add salt and serve immediately.

*Panch phoran

This is a Bengali five-spice mixture made of equal quantities of whole spices mixed together without dry-roasting or grinding. If you cannot find panch phoran, replace the 2 teaspoons used in this recipe with ½ teaspoon each of white cumin seeds, fennel seeds, fenugreek seeds, black mustard seeds and nigella seeds (kalonji). Panch phoran can be found in Indian specialty shops.

Tomato & Eggplant

PARMIGIANA



This classic Italian dish can be served warm or at room temperature.

Serves: **4** Prep: **15** mins, plus draining

Cooking: **35** mins

What you need

olive oil for frying

eggplant 1 large, thinly sliced

plum tomatoes 500 g (1 lb), cut into wedges

Parmesan cheese 50 g (½ cup), freshly grated

salt and pepper

parsley to garnish



Tomato & Eggplant

PARMIGIANA



How to do it

Heat the oil in a frying pan and fry the eggplant in batches until golden brown. Drain on paper towels.

Layer the tomatoes and eggplant slices in a shallow ovenproof dish, sprinkling some Parmesan between each layer. Season.

Bake in a preheated oven, 190°C (375°F), for 15–20 minutes until browned and bubbling. Serve garnished with parsley.

Soybeans

WITH MUSHROOMS & SPINACH



An ideal mid-week supper, this tasty and nutritious dish is easy to prepare.

Serves: 4 Prep: 15 mins, plus soaking

Cooking: 1¾ hours

What you need

dried soybeans 175 g ($\frac{3}{4}$ cup), soaked overnight, drained and rinsed

olive oil 3 tablespoons

garlic clove 1, chopped

grated fresh root ginger 1 teaspoon

red chiles 2, deseeded and chopped

shiitake mushrooms 125 g ($\frac{1}{2}$ cup), sliced

tomatoes 4, skinned, deseeded and chopped

dark soy sauce 2 tablespoons

dry sherry 2 tablespoons

spinach 250 g (1 cup), washed and shredded



Soybeans

WITH MUSHROOMS & SPINACH



How to do it

Cover the beans with plenty of cold water, bring to a boil and boil rapidly for 10 minutes, then reduce the heat, cover and simmer for 1 hour, or until the beans are tender. Drain, reserving 150 ml (1 cup) of the cooking liquid.

Heat the oil in a large frying pan and fry the garlic, ginger and chiles for 3 minutes. Add the mushrooms and fry for 5 minutes.

Add the tomatoes, beans, the reserved liquid, soy sauce and sherry and bring to a boil. Cover and simmer for 15 minutes.

Stir in the spinach and cook for 2–3 minutes until it has wilted. Serve at once.

Deep-fried Gnocchi

WITH SALSA ROSSA



Salsa rossa is rich and concentrated, and slightly sweet and sour – a perfect foil for these little gnocchi.

Serves: **6** as a snack Prep: **10** mins

Cooking: **2–3** hours

What you need

ready-to-cook gnocchi 400 g (13 oz)

all-purpose flour for coating

eggs 2, beaten

dry breadcrumbs for coating

oil for deep-frying

Salsa rossa:

tomatoes 7, chopped

carrot 1, finely chopped

onions 2, finely chopped

garlic cloves 3, finely chopped

dried red chile 1 small, deseeded

granulated sugar 3 tablespoons

red wine vinegar 1 tablespoon

olive oil about 1 tablespoon

salt and pepper

Deep-fried Gnocchi

WITH SALSA ROSSA



How to do it

First make the sauce. Put all the ingredients into a heavy saucepan and bring to a boil. Turn down the heat, cover and simmer for 2–3 hours until the sauce is very soft and purée-like.

Discard the chile and blend the sauce until smooth in a food processor. Add salt, pepper and a little olive oil. Reheat to serve with the gnocchi.

Dip the gnocchi first into the flour, then the beaten egg and then the breadcrumbs. Heat the oil to 180°C (350°F), and deep-fry the gnocchi for 2–3 minutes until golden. Sprinkle with salt. Let cool slightly then serve with the sauce.

*Salsa rossa

This is a lovely sauce and very good with all sorts of pasta. It also freezes well and can also be kept for up to 3 months in the freezer. Thaw it at room temperature for 2–3 hours or reheat it gently from frozen.

Tagliatelle

WITH CHERRY TOMATO SAUCE



Serves: 4 Prep: 10 mins Cooking: 8–12 mins

What you need

dried tagliatelle verde 500 g (1 lb)

olive oil 3 tablespoons

garlic cloves 2, finely chopped

cherry tomatoes 500 g (1 lb), halved

balsamic vinegar 1 tablespoon

arugula 175 g ($\frac{3}{4}$ cup)

salt and pepper

Parmesan cheese shavings to serve



Tagliatelle

WITH CHERRY TOMATO SAUCE



How to do it

Cook the pasta in lightly salted boiling water for 8–12 minutes, until al dente.

Meanwhile, heat the oil in a frying pan and cook the garlic for 1 minute until golden. Add the tomatoes and cook for barely 1 minute. They should just heat through and start to dissolve.

Sprinkle the tomatoes with the vinegar, let it evaporate, then stir in the arugula and cook until it is just wilted. Season well. Serve immediately tossed with the hot pasta and plenty of Parmesan.

Lemon & Leek

RISOTTO



The addition of bay to this lemon risotto is not authentically Italian but gives it a lovely flavor.

Serves: **2** Prep: **15** mins Cooking: **40** mins

What you need

butter 50 g (¼ cup)

onion 1, finely chopped

garlic cloves 2, crushed

leeks 2, trimmed, washed and sliced

risotto rice 250 g (1 cup)

bay leaves 6, bruised

dry vermouth 150 ml (½ cup)

hot vegetable stock 1–1.2 litres (3½–4 cups)

lemon 1 large, juice and zest

mascarpone cheese 50 g (¼ cup)

Parmesan cheese 50 g (¼ cup), freshly grated,
plus extra for serving

salt and pepper

Lemon & Leek

RISOTTO



How to do it

Melt the butter and fry the onion, garlic and leeks for 10 minutes, until soft but not brown. Stir in the rice and bay leaves, until the grains are glossy. Add the vermouth and reduce by half.

Keep the stock at a gentle simmer. Gradually add the stock to the rice, a ladleful at a time, stirring until each addition is absorbed. Continue like this, until the rice is creamy but the grains are still firm. This should take about 20 minutes.

Add the lemon juice and zest, salt and pepper and stir for 5 minutes. Add the mascarpone and Parmesan, stir once, cover and let the risotto rest for a few minutes. Serve with extra Parmesan.

Pumpkin, Sage & Chile

RISOTTO



Chiles add zing to the mildly flavored pumpkin in this recipe.

Serves: **4** Prep: **20** mins Cooking: **30** mins

What you need

butter 125 g (½ cup)

onion 1 large, finely chopped

fresh or dried red chiles 1–2, deseeded and finely chopped

pumpkin 500 g (1 lb), peeled and roughly chopped

risotto rice 500 g (1 lb)

hot vegetable stock 1.5 litres (5 cups)

chopped sage 3 tablespoons

Parmesan cheese 75 g (⅓ cup), freshly grated

salt and pepper

sage sprigs to garnish

Pumpkin, Sage & Chile

RISOTTO



How to do it

Heat half the butter and sauté the onion over a low heat for 5 minutes until soft but not colored. Stir in the chiles and cook for 1 minute. Add the pumpkin and cook, stirring constantly, for 5 minutes.

Add the rice and stir well to coat the grains with the butter. Gradually add the hot stock, a ladleful at a time, stirring constantly until each addition is absorbed. Continue like this, until the rice is creamy but the grains are still firm. This should take about 20 minutes and the pumpkin should start to dissolve.

Add salt and pepper, then stir in the sage, the remaining butter and the Parmesan. Cover and let the risotto rest for a few minutes then serve garnished with sage sprigs.

French-fried Polenta

WITH SAFFRON MUSHROOMS



Tossed in chile powder and shallow-fried, these polenta fries make a great change from traditional French-fried potatoes.

Serves: **4** Prep: **10** mins Cooking: **20** mins

What you need

ready-cooked polenta 500 g (1 lb)

all-purpose flour 1 tablespoon

chile powder 2 teaspoons

oil for shallow-frying

Mushrooms:

saffron threads 1 teaspoon

butter 25 g (2 tablespoons)

onion 1, chopped

garlic cloves 2, crushed

mixed wild and cultivated mushrooms

400 g (13 oz), halved if large

mascarpone cheese 250 g (8 oz)

chopped tarragon 2 tablespoons

½ lemon zest and juice

salt and pepper



French-fried Polenta

WITH SAFFRON MUSHROOMS



How to do it

Put the saffron in a bowl with 1 tablespoon boiling water and set aside.

Cut the polenta into 1 cm ($\frac{1}{2}$ inch) slices, then cut the slices into 1 cm ($\frac{1}{2}$ inch) strips. Mix the flour, chile powder, salt and pepper and use this to coat the polenta.

Heat 1 cm ($\frac{1}{2}$ inch) oil and fry the polenta, in batches, for about 10 minutes until golden. Drain on paper towels and keep warm.

While the polenta is cooking, melt the butter in another pan and fry the onion and garlic for 5 minutes. Stir in the mushrooms and fry for 2 minutes. Add the remaining ingredients with the saffron and its liquid, salt and pepper. Stir until the mascarpone has melted to make a sauce. Serve with the polenta.

Roast Onion, Gorgonzola & WALNUT PIZZA



Sweet roast onions balance the tartness of the Gorgonzola while the walnuts add a bite to this pizza.

Serves: **4** Prep: **10** mins Cooking: about **45** mins

What you need

ready-to-cook pizzas 4 x 23 cm (9 inches)

arugula to garnish (optional)

Topping:

red onions 3

olive oil 2 tablespoons, plus extra to drizzle

chopped sage 2 tablespoons

balsamic vinegar 1 tablespoon

Gorgonzola cheese 175 g (6 oz), crumbled

crème fraîche 4 tablespoons

shelled walnuts 45 g (3 tablespoons),

roughly chopped

pepper



Roast Onion, Gorgonzola & WALNUT PIZZA



How to do it

Cut each onion into eight wedges, put them in a shallow roasting dish and drizzle with the oil. Top with half the sage and season well. Roast in a preheated oven, 220°C (425°F), for 20–30 minutes until soft and caramelized. Add the vinegar and cook for 5 more minutes. Allow to cool.

Cream together the Gorgonzola and crème fraîche.

Top each pizza with a quarter of the onions, the cheese mixture, the remaining sage and the walnuts. Season with pepper and drizzle with olive oil.

Carefully slide the pizzas on to heated baking sheets and bake for 10–12 minutes until the bases are crisp and the topping melted. Unless you have a very large oven, you will have to cook the pizzas two at a time.

Garnish with arugula, if you like.



Baby Vegetable Stir-fry



An Asian-style sauce enhances the flavor of the vegetables in this stir-fry.

Serves: **4** Prep: **10** mins Cooking: about **12** mins

What you need

peanut oil 2 tablespoons

baby carrots 175 g ($\frac{3}{4}$ cup)

baby corn 175 g ($\frac{3}{4}$ cup)

small button mushrooms 175 g ($\frac{3}{4}$ cup)

salt and pepper

Orange & vegetarian oyster sauce:

cornstarch 2 teaspoons

cold water 4 tablespoons

orange 1 large, zest and juice

vegetarian oyster sauce 2 tablespoons

dry sherry 1 tablespoon

To serve:

cilantro leaves

egg noodles

Baby Vegetable Stir-fry



How to do it

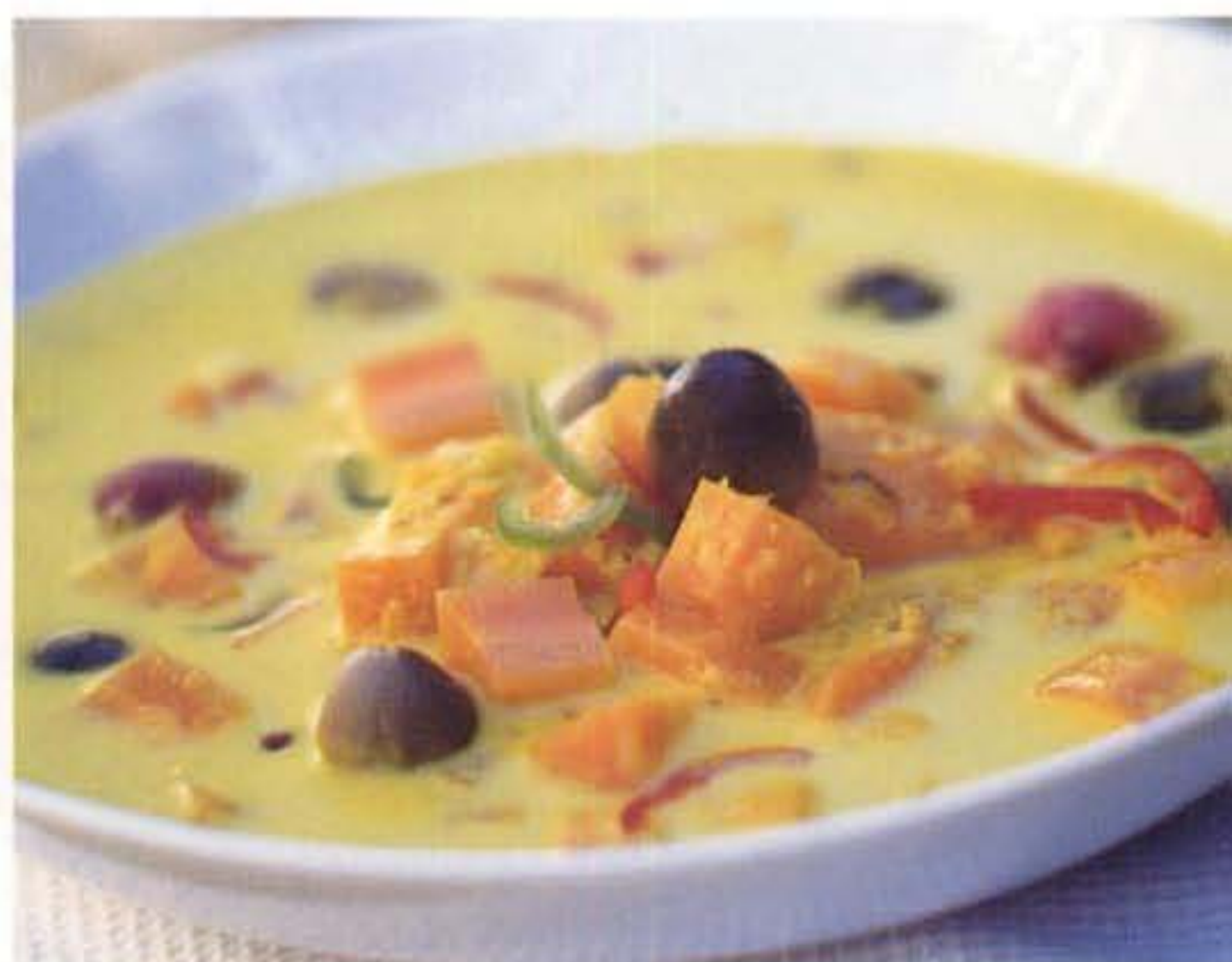
Prepare the sauce. Blend the cornstarch in a bowl with the cold water; then stir in the orange zest and juice, oyster sauce and sherry.

Heat a wok then heat the oil until hot. Stir-fry the carrots and corn for 5 minutes, then add the mushrooms and stir-fry for 3–4 minutes.

Pour in the sauce and quickly bring it to a boil, stirring constantly until thickened and glossy. Season to taste. Garnish with cilantro leaves and serve with egg noodles.

Yellow Curry

WITH CARROTS



Serves: 4 Prep: 15 mins Cooking: 35–40 mins

What you need

vegetable stock 150 ml ($\frac{1}{2}$ cup)

lime leaves 8

galangal 25 g (2 tablespoons), peeled and sliced

carrots 175 g ($\frac{3}{4}$ cup), cut into chunks

garlic cloves 4, crushed

fresh red chile 1 large

fresh green chile 1 large

peanut oil 1 tablespoon

crushed roasted peanuts 2 tablespoons

coconut milk 300 ml (1 cup)

yellow curry paste 2 tablespoons

canned straw mushrooms 8, drained

shallots 4

salt $\frac{1}{2}$ teaspoon



Yellow Curry

WITH CARROTS



How to do it

Simmer the stock for 15 minutes with 5 lime leaves, the galangal, carrots, 2 garlic cloves and the chiles.

Strain the stock, reserving the liquid and the carrots and chiles.

Heat the oil in a saucepan and fry the remaining garlic for 1 minute. Add the reserved carrot and the peanuts and cook, stirring, for 1 minute.

Thoroughly blend in the coconut milk and curry paste then add the reserved stock, the mushrooms and shallots and simmer, stirring occasionally, for 15 minutes or until the shallots are cooked. Add the salt.

Deseed and finely slice the reserved chiles. Use to garnish the curry with the remaining lime leaves.

*Galangal and ginger

Use fresh root ginger for this curry if you cannot find galangal. The flavor is similar but galangal is more mellow.

Mushroom & Chickpea

CURRY



Serve this simple curry with aromatic rice, cooked with your favorite Indian spices.

Serves: 4 Prep: 10 mins Cooking: 20–25 mins

What you need

butter 50 g (¼ cup)

onion 1, chopped

garlic cloves 2, crushed

fresh root ginger 2.5 cm (1 inches), grated

button mushrooms 250 g (1 cup)

hot curry powder 2 tablespoons

ground cilantro 1 teaspoon

ground cinnamon 1 teaspoon

turmeric ½ teaspoon

potatoes 375 g (1½ cups), diced

canned chickpeas or garbanzoa beans

400 g (13 oz), drained and rinsed

cashew nuts 50 g (¼ cup), toasted and chopped

Greek yogurt 125 ml (4 fl oz)

chopped cilantro leaves

salt and pepper



Mushroom & Chickpea

CURRY



How to do it

Melt the butter and fry the onion, garlic, ginger and mushrooms for 5 minutes.

Add the curry powder, cilantro, cinnamon, turmeric and potatoes, stir, then add the chickpeas, salt and pepper and enough water to cover them. Bring to the boil, cover and simmer for 15 minutes.

Stir in the cashews, yogurt and cilantro. Heat through without boiling and serve with aromatic rice.



Carrot Tagine

WITH DATES & APRICOTS



Serves: **4** Prep: **20** mins Cooking: **30** mins

What you need

peanut oil 2 tablespoons

white onions 3, sliced

fresh root ginger 5 cm (2 inches), chopped

cinnamon stick 1

ground cumin 1 teaspoon

ground coriander 1 teaspoon

vegetable stock 300 ml (1 cup)

carrots 750 g (1½ lb), cut in 5 cm (2 inch) sticks

chili paste 1 tablespoon

clear honey 2 tablespoons

dates 125 g (4 oz)

dried apricots 125 g (½ cup)

lemon juice 4 tablespoons

salt and pepper

couscous 250 g (1 cup)

chopped mint 2 tablespoons

cilantro leaves and **lemon quarters**

to serve



Carrot Tagine

WITH DATES & APRICOTS



How to do it

Heat the oil in a saucepan and fry the onions until transparent. Add the ginger, cinnamon, cumin and cilantro and fry for 1 minute. Pour in the stock and bring to a boil then reduce the heat to a simmer.

Put the carrots in a steamer, place it over the saucepan and steam for 8–10 minutes or until tender. Remove the carrots and keep warm.

Simmer the chili paste, honey, dates, apricots and lemon juice in the stock for 10 minutes, until the dates are tender and the sauce reduced. Add the carrots, salt and pepper and cover. Remove from the heat and let stand for 5 minutes.

Meanwhile, pour boiling water over the couscous to cover it by 1.5 cm ($\frac{3}{4}$ inch). Leave for 10 minutes, then fluff with a fork. Mix in the chopped mint. Serve the tagine on the couscous with lemons and cilantro.

*Adding extra flavor

Cooking vegetables and fresh and dried fruit in a mildly spiced broth gives them a delicious aromatic flavor.

Red Bean Casserole

WITH COCONUT & CASHEWS



Serves: 4 Prep: 10 mins Cooking: 25–30 mins

What you need

peanut oil 3 tablespoons

onions 2, chopped

carrots 2 small, thinly sliced

garlic cloves 3, crushed

red pepper 1, chopped

bay leaves 2

paprika 1 tablespoon

tomato paste 3 tablespoons

canned coconut milk 400 ml (14 fl oz)

canned chopped tomatoes 200 g (7 oz)

vegetable stock 150 ml (½ cup)

canned red kidney beans 400 g (13 oz),
rinsed and drained

unsalted, shelled cashew nuts 100 g
(½ cup), toasted

cilantro leaves small handful, roughly chopped

salt and pepper

Red Bean Casserole

WITH COCONUT & CASHEWS



How to do it

Heat the oil in a large saucepan and fry the onions and carrots for 3 minutes. Add the garlic, pepper and bay leaves and fry for 5 minutes until the vegetables are soft and well browned.

Stir in the paprika, tomato paste, coconut milk, tomatoes, stock and beans and bring to a boil. Reduce the heat and simmer, uncovered, for 12 minutes until tender.

Stir in the cashew nuts, cilantro, salt and pepper and heat through for 2 minutes. Serve with rice.

*Exotic kinds of rice

As a change from white long-grain rice, you could try Camargue red rice, the Far Eastern black rice (actually a deep purple) or wild rice, which has long slim dark brown grains. All these types of rice take longer to cook than ordinary rice so read the packet instructions carefully.

Chickpea & Pumpkin

STEW WITH TOMATO AIOLI



Serves: 4 Prep: 35 mins, plus soaking

Cooking: 1–1½ hours

What you need

dried chickpeas or garbanzo beans 375 g
(1½ cups), soaked overnight, drained and rinsed

olive oil 2 tablespoons

onion 1, finely chopped

garlic clove 1, finely chopped

peeled pumpkin 500 g (1 lb), cubed

vegetable stock 500 ml (2 cups)

bay leaf 1

fresh spinach 500 g (1 lb), washed

white wine vinegar 1 tablespoon

salt and pepper

Tomato & chilli aioli:

garlic cloves 4–6, crushed

egg yolks 2

red chile 1, roasted, deseeded and chopped

lemon juice 2–4 tablespoons

olive oil 300 ml (1 cup)

sun-dried tomato paste 1 tablespoon



Chickpea & Pumpkin

STEW WITH TOMATO AIOLI



How to do it

Put the chickpeas in a large saucepan with water to cover – about 1.2 litres (2 pints). Bring to a boil, then simmer for $\frac{3}{4}$ –1 hour, or until tender. Drain.

Meanwhile, make the aioli. Briefly blend the garlic, egg yolks, chile and 2 tablespoons lemon juice in a food processor. With the motor running, gradually add the olive oil in a thin steady stream until the mixture forms a thick cream. Turn into a bowl. Season and add more lemon juice if required. Stir in the tomato paste.

Gently heat 2 tablespoons oil and cook the onion and garlic for 6–8 minutes until soft. Add the pumpkin, stock, bay leaf, chickpeas, salt and pepper. Bring to a boil, reduce the heat and simmer for 10–15 minutes until the pumpkin is tender.

Mix in the spinach, cover and cook, stirring occasionally, until the spinach has just wilted. Stir in the vinegar then serve.

Red Pepper & Bean Cakes

WITH LEMON MAYONNAISE



Serve these crisp bean cakes in warm pita bread with a salad for lunch.

Serves: 4 Prep: 15 mins Cooking: 15 mins

What you need

green beans 75 g ($\frac{1}{3}$ cup), trimmed and roughly chopped
vegetable oil 2 tablespoons
red pepper 1, diced
garlic cloves 4, crushed
mild chili powder 2 teaspoons
canned red kidney beans 400 g (13 oz), drained and rinsed
fresh white breadcrumbs 75 g ($\frac{1}{3}$ cup)
egg yolk 1
oil for shallow frying
salt and pepper

Lemon mayonnaise:

mayonnaise 4 tablespoons
lemon 1, zest
lemon juice 1 teaspoon
salt and pepper



Red Pepper & Bean Cakes

WITH LEMON MAYONNAISE



How to do it

Blanch the green beans in lightly salted boiling water for 1–2 minutes until softened. Drain.

Heat the oil and sauté the pepper, garlic and chili powder for 2 minutes.

Put the mixture in a food processor with the kidney beans, breadcrumbs and egg yolk until coarsely chopped. Add the green beans, season and blend until the mixture is just combined. Divide into 8 portions and with lightly floured hands shape them into cakes.

Mix the mayonnaise with the lemon zest and juice, salt and pepper.

Heat the oil and pan-fry the bean cakes for about 3 minutes on each side until crisp and golden. Serve with the mayonnaise.

*Breadcrumbs

To make fresh breadcrumbs, cut the crusts off 1- or 2-day old bread, break it into pieces and pulse to crumbs in a food processor. Use the breadcrumbs within 2 days.

Scrambled Eggs & MANCHEGO IN TORTILLAS



Serves: 4 Prep: 10 mins Cooking: 10 mins

What you need

onion 1, very finely chopped

green chile 1, deseeded and finely chopped,
extra to serve

corn cob 1, kernels removed, or 4 tablespoons
canned sweetcorn

eggs 10, beaten

butter 25 g (2 tablespoons)

Manchego cheese 75 g (3 oz), crumbled,
plus extra shavings to serve

chopped cilantro leaves 1 tablespoon,
plus extra to serve

flour tortillas 8, warmed in the oven

salt and pepper

To serve:

chopped chives

ready-made chili sauce

baby tomatoes



Scrambled Eggs

& MANCHEGO IN TORTILLAS



How to do it

Mix the chopped onion, green chile and sweetcorn kernels into the beaten eggs. Season thoroughly.

Melt the butter in a large pan and add the egg mixture. Cook over a gentle heat, stirring constantly, until the eggs are softly scrambled. Immediately remove from the heat and stir in the crumbled Manchego and the chopped cilantro.

Serve on warm tortillas with slices of green chile, fresh cilantro and chives, plus extra Manchego, ready-made chili sauce and tomatoes.

*Manchego

Manchego is a richly flavored Spanish sheep's milk cheese.

Cherry Tomato Tarts

WITH PESTO CREME



These little cherry tomato tarts make a delicious starter. Serve them hot or cold.

Serves: **4** Prep: **10** mins Cooking: **20** mins

What you need

olive oil 2 tablespoons

onion 1, finely chopped

cherry tomatoes 375 g (1½ cups)

garlic cloves 2, crushed

sun-dried tomato paste 3 tablespoons

puff pastry 325 g (11 oz)

beaten egg to glaze

crème fraîche 150 g (⅔ cup)

pesto 2 tablespoons

salt and pepper

basil leaves to garnish

Cherry Tomato Tarts

WITH PESTO CREME



How to do it

Heat the oil and fry the onion for about 5 minutes until soft. Halve about 150 g ($\frac{2}{3}$ cup) of the tomatoes. Remove the pan from the heat, add the garlic and the tomato paste, then stir in all the tomatoes until lightly coated in the sauce.

Roll out the pastry and cut out four 12 cm (5 inch) rounds. Transfer to a lightly greased baking sheet sprinkled with water and make a shallow cut 1 cm ($\frac{1}{2}$ inch) from the edge of each round, to form a rim. Brush the rims with beaten egg. Pile the tomato mixture on to the centers of the tarts making sure it stays within the rims.

Bake in a preheated oven, 220°C (425°F), for about 15 minutes until the pastry is risen.

Meanwhile, lightly mix the crème fraîche, pesto and salt and pepper. Serve the crème fraîche pesto with the tartlets and sprinkle with freshly torn basil.

Hazelnut & Gorgonzola

QUICHE



Serves: **6–8** Prep: **20** mins, plus chilling
Cooking: about **1¼** hours

What you need

butter 50 g ($\frac{1}{4}$ cup)

vegetable oil 1 tablespoon

leeks 2 large, thinly sliced

whipping cream 150 ml ($\frac{1}{2}$ cup)

milk 150 ml ($\frac{1}{2}$ cup)

chopped flat leaf parsley 2 tablespoons

eggs 2, beaten

Gorgonzola cheese 125 g (4 oz), crumbled

hazelnuts 75 g ($\frac{1}{3}$ cup), lightly toasted

salt and pepper

Cheese pastry:

all-purpose flour 250 g (1 cup)

salt pinch

cayenne pepper pinch

butter 75 g ($\frac{1}{3}$ cup)

Cheddar cheese 25 g (1 oz), finely grated

cold water 6–8 tablespoons

Hazelnut & Gorgonzola

QUICHE



How to do it

Make the pastry. Pulse the flour, salt, cayenne and butter to fine breadcrumbs in a food processor. Stir in the Cheddar. Add the water and mix to a soft, pliable dough. Wrap and chill for 1 hour.

Roll out the pastry and line a 20 cm (8 inch) deep tart pan. Prick with a fork and chill for 1 hour. Bake blind in a preheated oven, 190°C (375°F), for 12 minutes. Remove the paper and beans and bake for 5 minutes.

Heat the butter and oil and fry the leeks until soft and caramelized. Let cool.

Beat together the cream, milk, parsley and eggs. Stir the mixture into the leeks and season well. Stir in the crumbled Gorgonzola, then pour the mixture into the pastry shell. Smooth the surface, then scatter with the hazelnuts.

Bake the quiche in the oven for 40–50 minutes, or until it has just set in the middle.

*Toasting nuts

Spread the nuts in a single layer on a baking sheet and place them under the broiler for 3–5 minutes or in a preheated oven, 350°F (175°C), for 7–10 minutes.

Give them an occasional shake to toast them all over and keep a close eye on them as they burn very quickly.

Stilton & Apple Strudel



Crisp apples and full-flavored Stilton work well together in this savory strudel.

Serves: 6 Prep: 15 mins Cooking: 25–30 mins

What you need

Granny Smith, Rome, or Braeburn apples

500 g (1 lb), peeled, cored and chopped

celery sticks 2, finely chopped

grated nutmeg ½ tablespoon

butter 25 g (2 tablespoons)

walnuts 50 g (¼ cup), chopped

superfine granulated sugar 2 tablespoons

Stilton cheese 125 g (4 oz), crumbled

filo pastry 200 g (7 oz)

olive oil 8 tablespoons

sesame seeds 1 teaspoon

cumin seeds 1 teaspoon

flat leaf parsley to garnish

Stilton & Apple Strudel



How to do it

Mix the apples, celery and nutmeg.

Melt the butter and lightly toast the walnuts. Stir in the sugar and the apple mixture and cook for 3 minutes. Cool then stir in the Stilton.

Unwrap the filo pastry and, working quickly, lay the top sheet flat and brush with oil. Cover with a second sheet and repeat the oiling and layering until all the pastry and oil has been used.

Heap most of the apple mixture along one long edge of the pastry and sprinkle the remainder across the rest of the pastry, then roll it up starting from the edge with the filling.

Place the strudel on a baking sheet, seam side down, and brush with a little olive oil. Sprinkle with sesame and cumin seeds and bake in a preheated oven, 200°C (400°F), for 20–25 minutes, or until golden. Cool then serve in thick slices, garnished with flat leaf parsley.

Spinach & Feta Filo Pie

WITH PINE NUTS



This pie is the ideal picnic recipe. It is easy to transport and keeps well for a few days.

Serves: **6** Prep: **15** mins, plus cooling

Cooking: **1** hour

What you need

feta cheese 250 g (8 oz), roughly crumbled

fresh spinach 750 g (1½ lb), cooked and drained

dried chili flakes ½ teaspoon

Parmesan cheese 75 g (⅓ cup), finely grated

pine nuts 50 g (¼ cup), toasted

dill 15 g (3 teaspoons), chopped

tarragon 15 g (3 teaspoons), chopped

eggs 3, beaten

grated nutmeg 1 teaspoon

filo pastry 250 g (8 oz)

olive oil 5–8 tablespoons

sesame seeds 1 tablespoon

salt and pepper



Spinach & Feta Filo Pie

WITH PINE NUTS



How to do it

Mix the feta into the spinach with the chili flakes, Parmesan, pine nuts, herbs, eggs, salt, pepper and nutmeg.

Unwrap the filo pastry and, working quickly, brush a sheet with a little oil. Put it in a lightly greased 20 cm (8 inch) tart pan with the edges overlapping the rim. Brush the next sheet and lay it in the opposite direction. Repeat the brushing and layering using 6–8 sheets to make a shell and leaving at least 3 sheets for a 'lid'. Spoon in the spinach mixture.

Brush 1 sheet with oil then cut the remaining pastry into long strips 5 cm (2 inch) wide. Brush with oil then arrange the filo on the spinach in a folded pattern. Fold in the overhanging filo and sprinkle with sesame seeds. Bake in a preheated oven, 190°C (375°F), for 1 hour.

Remove from the oven, leave to cool for 15 minutes, then gently push the pie up and out of the pan. Serve warm or cold.

Index

Baby Vegetable Stir-fry [51](#)
Baked Brie with Cranberry Relish [13](#)
Bengali Potatoes [33](#)
Cannellini Beans with Leeks & Arugula [29](#)
Carrot Tagine with Dates & Apricots [57](#)
Cherry Tomato Tarts with Pesto Crème [67](#)
Chestnut Risotto Cakes [9](#)
Chickpea & Pumpkin Stew with Tomato Aioli [61](#)
Couscous & Grilled Vegetable Salad [27](#)
Deep-fried Gnocchi with Salsa Rossa [39](#)
Eggplant, Tomato & Mozzarella Mountains [25](#)
Eggplant Tortillas with Minted Chile Yogurt [15](#)
Fatoush Salad with Fried Haloumi [19](#)
French-fried Polenta with Saffron Mushrooms [47](#)
Garlic & Almond Soup [5](#)
Garlic, Herb & Bean Dip [17](#)
Grilled Beet, Feta & Chicory Salad [21](#)
Grilled Eggplants with Lemon Pesto [31](#)
Grilled Herb Fritters with Yogurt Dip [11](#)
Hazelnut & Gorgonzola Quiche [69](#)
Japanese Rice with Nori [7](#)
Lemon & Leek Risotto [43](#)
Mushroom & Chickpea Curry [55](#)
Pumpkin & Garlic Soup [3](#)
Pumpkin, Sage & Chile Risotto [45](#)
Red Bean Casserole with Coconut & Cashews [59](#)
Red Pepper & Bean Cakes with Lemon Mayonnaise [63](#)
Roast Onion, Gorgonzola & Walnut Pizza [49](#)
Scrambled Eggs & Manchego in Tortillas [65](#)
Soybeans with Mushrooms & Spinach [37](#)
Spinach & Feta Filo Pie with Pine Nuts [73](#)
Stilton & Apple Strudel [71](#)
Tagliatelle with Cherry Tomato Sauce [41](#)
Tomato & Eggplant Parmigiana [35](#)
Tomato & Green Bean Salad [23](#)
Yellow Curry with Carrots [53](#)

Picture Acknowledgements

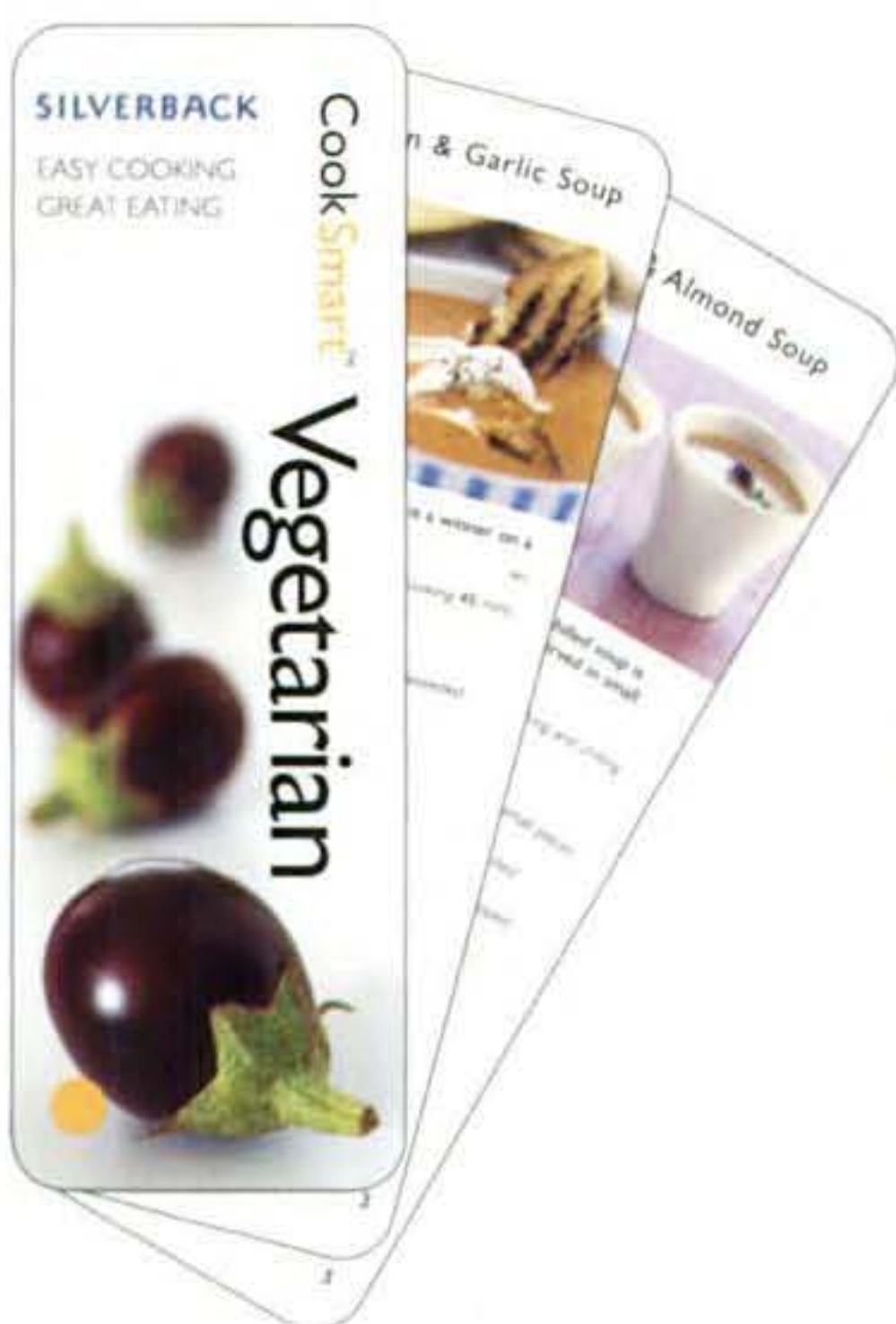
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/Jeremy Hopley [5](#), [57](#) /Dave Jordan [56](#), [70](#) /Sandra Lane [16](#), [40](#),
[53](#), [62](#) /William Lingwood [38](#), [52](#) /David Loftus [12](#), [23](#), [24](#), [25](#)
/Sean Myers [4](#), [11](#), [18](#), [22](#), [27](#), [42](#), [50](#), [72](#) /William Reavell [7](#), [8](#),
[9](#), [10](#), [15](#), [17](#), [29](#), [30](#), [34](#), [37](#), [44](#), [47](#), [55](#), [59](#), [60](#), [61](#), [63](#), [67](#) /Simon
Smith [6](#), [28](#), [46](#), [68](#) /Ian Wallace [3](#), [14](#), [19](#), [20](#), [26](#), [32](#), [33](#), [35](#),
[36](#), [39](#), [41](#), [43](#), [45](#), [48](#), [49](#), [51](#), [54](#), [58](#), [64](#), [65](#), [66](#), [69](#), [71](#), [73](#), [74](#)
/Philip Webb [13](#), [21](#), [31](#)

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